

# 417th BSB Health Promotion and Well Being Resource Guide

Current as of January 2003

Service	Course Name	Course description	Target Audience	Length of Course	Fees	Course schedule	Other
Adolescent Substance Abuse Counseling Services (ASACS)	Counseling	Individual counseling for 13-18 year old family members of alcoholic and addict parents/guardians	13-18 yo FM	Varies	Free	Ongoing	ASACS Counselor 350-7176
Adolescent Substance Abuse Counseling Services (ASACS)	Surviving the Teen Years		AD, Family Members, Retirees, CIV, LN parents or guardians of 13-18 yo				ASACS Counselor 350-7176
American Red Cross (ARC)	Adult, Infant & Child CPR	Covers Adult, Child & Infant CPR and Choking skills.	AD, Family Members, Retirees, CIV, LN	6.5 hours	\$35.00	Upon Request	350-1760 or 355-2478
American Red Cross (ARC)	Babysitters Training	Develops skills in leadership, safety, safe play, basic care, first aid and professionalism	> 11 years old AD, Family Members, Retirees, CIV, LN	8 hours	\$25.00	Bi-monthly	350-1760 or 355-2478
American Red Cross (ARC)	Back Injury Prevention	Identifies the anatomy of the back and causes of back pain. Demonstrates ways to reduce back pain and injury with simple exercises for the neck and back as well as changes in personal habits.	AD, Family Members, Retirees, CIV, LN	1 hour	\$5.00	Upon Request	350-1760 or 355-2478
American Red Cross (ARC)	Child Rearing					Call for information.	350-1760 or 355-2478

American Red Cross (ARC)	Ergonomics	Discusses signals and risk factors of musculoskeletal disorders and recommends ways to reduce those risks. Demonstrates exercises to reduce and prevent musculoskeletal disorders.	AD, Family Members, Retirees, CIV, LN	1 hour	\$5.00	Upon Request	350-1760 or 355-2478
American Red Cross (ARC)	First Aid/CPR/AED	Covers adult, infant & child CPR and AED training and basic first aid including sudden illness, choking, burns, cardiac emergencies and bleeding.	AD, Family Members, Retirees, CIV, LN	6.5 hours	\$45.00	bi-monthly	350-1760 or 355-2478
American Red Cross (ARC)	First Aid/CPR	Covers adult, infant & child CPR and training and basic first aid including sudden illness, choking, burns, cardiac emergencies and bleeding.	AD, Family Members, Retirees, CIV, LN	6.5 hours	\$40.00	bi-monthly	350-1760 or 355-2478
American Red Cross (ARC)	Healthy Pregnancy, Healthy Baby	Describes each trimester of pregnancy, different birthing methods, nutrition and care of a newborn	AD, Family Members, Retirees, CIV, LN	10 hours	\$5.00 or \$18.00 including book	Monthly	350-1760 or 355-2478
American Red Cross (ARC)	Lifeguarding	Shows skills necessary to recognize aquatic emergencies and administer the appropriate care until a higher level of care is available	> 15 years old AD, Family Members, Retirees, CIV, LN	30 hours	Contact Pool Directly	Contact Pool Directly	350-1760 or 355-2478
American Red Cross (ARC)	Managing Stress	Shows ways to recognize the causes and signals of stress, identifies ways to manage stress and shows ways to develop personal strategies for managing stress.	AD, Family Members, Retirees, CIV, LN	1 hour	\$5.00	Upon Request	350-1760 or 355-2478

American Red Cross (ARC)	Slips, Trips & Falls	Discusses how to identify and correct unsafe conditions and reduce the risk of slips, trips & falls.	AD, Family Members, Retirees, CIV, LN	1 hour	\$5.00	Upon Request	350-1760 or 355-2478
American Red Cross (ARC)	Swimming	Demonstrate appropriate swimming skills.	> Youth, AD, Family Members, Retirees, CIV, LN	30 hours	Contact Pool Directly	Contact Pool Directly	350-1760 or 355-2478
American Red Cross (ARC)	Water Safety Instructor	Teaches participants the skills to successfully teach progressive swim lessons for the community	> 17 years old AD, Family Members, Retirees, CIV, LN	36 hours	Contact Pool Directly	Contact Pool Directly	350-1760 or 355-2478
American Red Cross (ARC)	Workplace Training Modules (see next 5 listings)						350-1760 or 355-2478
American Red Cross (ARC)	Workplace Violence Awareness	Defines categories of Workplace Violence, identifies warning signs of potential violence and demonstrates how to reduce risk of becoming a victim of workplace violence.	AD, Family Members, Retirees, CIV, LN	1 hour	\$5.00	Upon Request	350-1760 or 355-2478
American Red Cross (ARC)	Your Heart Matters	Shows ways to recognize the signals of a heart attack and identifies the risk factors of coronary heart disease as well as developing a personal plan to reduce the risks of heart disease through diet and exercise.	AD, Family Members, Retirees, CIV, LN	1 hour	\$5.00	Upon Request	350-1760 or 355-2478
Army Community Service (ACS)	Advanced Stress and Anger Management	Managing Anger and Stress effectively to improve communication.		1200-1600	none	3rd Tuesday of the Month	350-7103 355-2848 352-7877

Army Community Service (ACS)	Stress and Anger Management	Managing Anger and Stress effectively to improve communication.		0900-1600	none	1st Tuesday of every month	350-7103 355-2848 352-7877
Army Community Service (ACS)	Community Round Table	Dispersement of community information: classes, special events etc...		0900-1000	none	Last Thursday of every month	350-7103 355-2848 352-7877
Army Community Service (ACS)	Child Abuse and Neglect, Crisis Intervention, Domestic Violence				none	Call for appointment	350-7103 355-2848 352-7877
Army Community Service (ACS)	Communication Skills	Communicating Affectively		0830-1130	none	3rd Tuesday of the Month	350-7103 355-2848 352-7877
Army Community Service (ACS)	Couple's Communication and Relationship Building	Discuss and Learn skills to communicate with your partner for life!		0900-1600	none	4th Tuesday of the Month	350-7103 355-2848 352-7877
Army Community Service (ACS)	Exceptional Family Members, Children With Special Needs				none	Call for appointment	350-7103 355-2848 352-7877
Army Community Service (ACS)	Checkbook and Budget Management				none	First Wednesday of every month in Wuerzburg, 3rd Wednesday of every month in Giebelstadt	350-7103 355-2848 320-7877
Army Community Service (ACS)	Adoption Support Group	Provides resources and support for those who are adopting or who have been adopted		1800-2000	none	Last Thursday of every month	350-7103 355-2848 352-7877

Army Community Service (ACS)	New Parent Support	Provide home visits to families that would like support. Resource for answers to child-rearing questions. Resource library available; topics include pregnancy, breastfeeding, toddler discipline, teen issues. Assist families with adding a new baby, spouse deployment, and family skills. Other services: LaLeche League, Breastfeeding instruction, Single Parent Support, Play Morning	Pregnant women, families, single parents	N/A	None	Call for schedule/ appointments Wuerzburg Playmornings every Wednesday 1000-1130 Kitzingen Playmornings every Monday 1000-1130 Giebelstadt Playmornings every Friday 1000-1130	350-7103 355-2848 352-7877
Army Community Service (ACS)	Parenting Skills	Discuss ways to meet children's physical, emotional and intellectual needs. Teach good behavior and to communicate openly.		All Day	none	2nd Tuesday of Each Month	485-8188 485 8184
Army Health Clinic or Hospital	CPR Training	Covers Adult, Child & Infant CPR and Choking skills.	> 17 years old AD, Spouses, Parents, Retirees, CIV, LN			Call for information	350-2313

Army Health Clinic or Hospital	Depression, Domestic Viloence, Drug Related Issues, Heart Care, Hearing Conservation, HIV/AIDS, Hypertension, Injuy Prevention, Men's Issues, Nutrition Education, Pregnancy, Self- Care, Self-Esteem, STDs, Stress MGmt, Suicide Prevention, Teen Issues, TUC, Women's Issues, Ergonomics					Call for appointment	350-2313
Chaplain Services	Conflict Resolution Skills					Call for appointment	350-1570 355-1570 352-7233
Chaplain Services	Couple's Counseling					Call for appointment	350-1570 355-1570 352-7233
Chaplain Services	Moral Leadership	Train soldiers in moral virtues and Army values to live and lead by good character and good conduct. 1. Basic morals and ethical decision- making; 2. Sexual ethics; 3. Medical ethics	Soldiers and leaders	1-3 classes (1 hr each)	none	as requested by unit commander	350-1570 355-1570 352-7233

Chaplain Services	Spiritual Fitness	Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs 1. Chapel worship services 2. Religious education classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies	All soldiers and family members and DoD civilians	On-going and special programs	none	As requested by individuals, spouses, or unit leaders	350-1570 355-1570 352-7233
Chaplain Services	Suicide Prevention	Identify typical signs of a suicidal person and means of assisting them. Enable soldiers to recognize and overcome suicidal conditions in themselves and others	Soldiers, families, DoD civilians	One class (1-2hrs)	none	As requested by unit commander	350-1570 355-1570 352-7233
Community Counseling Center (CCC)	Drug and Alcohol		AD, FM, CIV, Retirees	Deterimed on a case by case basis	none	Call for appointment	355-1710 352-7585
Community Counseling Center (CCC)	Drug and Alcohol Training		AD, FM, CIV, Retirees	1 to 40 hours	none	Call for appointment	355-1710 352-7585
Community Counseling Center (CCC)	Drug Testing		Active Duty Military	N/A	none	Call for appointment	355-1710 352-7585
Community Health Nursing (CHN)	HIV/AIDS Training	HIV/AIDS awareness, understanding and prevention training offered	AD, FM, CIV, Retirees	N/A		Call for appointment	350-3789
Community Health Nursing (CHN)	STD Counseling	STD awareness, understanding and prevention training offered.	AD, FM, CIV, Retirees	N/A		Call for appointment	350-3789

Educational Developmental Intervention Services	Child Rearing and Children with Special Needs					Call for appointment	350-3347
Health Promotions	Injury Prevention	Training NCOs or other interested individuals can become the SME for their unit. Commander's Guide to Injury Prevention, suggested PT sessions, and injury prevention guidance available.	AD	Varies upon learner	Free	N/A	CHPPM-EUR website or HP Coord 350-2202
Health Promotions	Power Performance: The Nutrition Connection	Unit training reps can become the SME on nutrition. 7 modules covering the importance of good nutrition for the active duty member including the importance of fluids, eating in the field, and weight management	AD	Varies upon instructor	Free	N/A	CHPPM-EUR website or HP Coord 350-2202
Health Promotions	Pregnancy PT Training	CHPPM-EUR instructors will set up a train-the-trainer course for units interested in running a Pregnancy PT program. Must have at least 1 year time on station to take course.	AD	12 hours	Free	N/A	CHPPM-EUR website or HP Coord 350-2202
Health Promotions	Stress Management	Unit training reps can become the SME on nutrition. Modules cover workplace, personal, and combat stress.	AD	Varies upon instructor	Free	N/A	CHPPM-EUR website or HP Coord 350-2202



Health Promotions	Suicide Prevention	Training NCOs or other interested individuals can become the SME for their unit. Course material and spiritual fitness assessments available.	AD	Varies upon learner	Free	N/A	CHPPM-EUR website or HP Coord 350-2202
Health Promotions	Tobacco Facilitator Training	CHPPM-EUR instructors will set up a train-the-facilitator course for interested individuals within a unit or community to lead American Lung Association's Tobacco Cessation Course. Must be tobacco free to become a facilitator.	AD, Family Members, Retirees, CIV, LN	8 hours (1 day)	Free	N/A	CHPPM-EUR website or HP Coord 350-2202
Mental Health Services (MHS)	Crisis Intervention					Space Available	Call for appt 350-3761
Mental Health Services (MHS)	Individual Evaluations & Counseling (Depression, Gambling, Grief Counseling)					Space Available	Call for appt 350-3761
Mental Health Services (MHS)	Marital Counseling					Space Available	Call for appt 350-3761
Fitness Centers (MWR)	Fitness, Nutrition, Weightloss, Conditioning, Injury Prevention Education					Call for information	350-7378 355-8651 352-7223

Physical Therapy	Back Class	back anatomy, biomechanics, factors causing LBP, treatment/avoiding LBP	back pain patients	1 hr	none	Monthly (date changes)	Call 350-3801
Physical Therapy	Knee Class	knee anatomy, biomechanics, PFS etiology, treatment, running shoes	PFS patients	1 hr	none	Monthly (date changes)	Call 350-3801
Social Work Services (SWS)	Anger Management					Call for appointment	Call 350-3801
Social Work Services (SWS)	Blended Family Group	Strengthen families, learn parenting skills and insight. Discussion group focusing on blended family issues such as united parenting skills, dealing with a former spouse, communication, school issues, money, and discipline.	Blended Families	Mondays, 1000-1130	none	See Length of Course	Call 350-3713
Social Work Services (SWS)	Child Abuse and Neglect					Call for appointment	Call 350-3713
Social Work Services (SWS)	Child Rearing					Call for appointment	Call 350-3713
Social Work Services (SWS)	Children and Adolescent Support Group	Provides support for child abuse/neglect victims and child witnesses of domestic violence. Groups are broken down into two smaller groups ages 6-10 and ages 11-14. Meets concurrently with Parent's Group.	FAP child abuse/neglect cases, children that have witnessed domestic violence, and high risk cases.	6 - 8 sessions Every Wed 1400-1530	none	See Length of Course	Call 350-3713

Social Work Services (SWS)	Couple's Group	Strengthen communication, resolve conflicts, problem solve, and increase trust. Group discussions with role playing, modeling, and behavior modification.	Married couples.	6 - 8 sessions Every Wed 1400-1530	none	See Length of Course	Call 350-3713
Social Work Services (SWS)	Crisis Intervention, Depression, Domestic Violence					Call for appointment	Call 350-3713
Social Work Services (SWS)	Marital Counseling	Reduce marital discord and improve relationships.	Married couples	N/A	none	Call for appointment	Call 350-3713
Social Work Services (SWS)	Men's Group	Support victims of domestic violence. Breaking abusive patterns of domestic violence. Discussion group dealing with family violence and relationships.	FAP spouse abuse cases and high risk cases	6 - 8 sessions Every Wed 0900-1030	none	See Length of Course	Call 350-3713
Social Work Services (SWS)	Parent's Group	Breaking abusive patterns of child abuse/neglect Meets concurrently with Children/Adolescent Support Group. Participants learn techniques for effective parenting. Prepare for difficult situations before they occur.	Parents with FAP child abuse cases and high risk parents	6 - 8 sessions Every Wed 1000-1130	none	See Length of Course	Call 350-3713
Social Work Services (SWS)	Women's Group	Support victims of domestic violence. Breaking abusive patterns of domestic violence. Discussion group dealing with family violence and relationships.	FAP spouse abuse cases and high risk cases	12 sessions Every Fri 0900-1000	none	See Length of Course	Call 350-3713

Social Work Services (SWS)	Women's Support Group	Support group for women's issues. Discussion group focusing on women's issues. (i.e.: depression, deployments, parenting, grief, child abuse and its impact on relationships)	Spouses and Parents	Every other Thurs 0900-1100	none	See Length of Course	Call 350-3713
Women, Infants, & Children (WIC)	Nutritional Counseling	Increase the nutritional education of populations within the community.	AD, Family Resource Groups	Varies	Free	Ongoing	350-6864 355-2360
Women, Infants, & Children (WIC)	Nutritional Counseling & Supplemental Foods	Increase nutritional wellness and awareness through education and free healthful foods. People qualify for the program by meeting guidelines.	Pregnant, breastfeeding, and post partum women and children under 5 years old	None as long as you qualify for the program	Free if you qualify	Ongoing	350-6864 355-2360